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Week 5 Term 4 Newsletter

FROM THE PRINCIPAL

Dear Parents and Carers,

We are at a wonderfully exciting time in the St Pat's school year with the dance concert preparation well underway. It is also the tiring time of the year as we approach the end of Term 4. How do we manage and support our children through this energy sapping time? One critical answer is helping them get enough sleep.

- The serious detrimental effects that poor sleep can have on our bodies, leaving us more prone to anxiety and depression disorders.
- What we can do to listen to our bodies and improve our sleep habits and health. [LISTEN HERE](#)

On another note, we have been having regular conversations with our teachers who have noticed that our primary school children are finding IMPULSE CONTROL harder and harder. We are seeing students unable to manage impulses that we would have expected many of them to have developed in their preschool years. Here are six important foundations that can help our kids develop better impulse control.



I was listening to one of Meg Durham's podcasts this week that is VERY VALUABLE for all of us to listen to in support of our children, and our own sleep habits and sleep health. I highly recommend this to you. Meg talks with Professor Roxanne Prichard about

- How good sleep affects our brain function, energy, immunity and wellbeing.



1. **Patience:** Teach children the value of waiting. Simple activities like waiting for their turn during a game or waiting for a treat can help them develop patience. Learning to wait helps them understand that good things come with time and effort.



2. **Self-awareness:** Our children need to experience many different places and spaces to understand themselves and grow awareness of their bodies and emotions in the world. Having regular visits to places like the library, supermarket, park, restaurants, builds children's experience bank. Going to new places, or spaces that have specific rules, can help children recognise how they feel and react in various situations. And give you as parents 'teachable moments.'



3. **Attention control:** In today's world where screen-time is a growing preferred activity for our children, they often struggle to focus. Encouraging activities that build attention including creative play, gardening, construction, or even watching cloud movement can help a child to build attention span. These moments are crucial for their development. Practicing focus in fun ways can improve their ability to concentrate on more challenging tasks.



4. **Emotional regulation:** It's important for children to feel all kinds of emotions, even the tough ones like frustration, anger and sadness. When they experience these feelings, through the social coaching of their parent, or school staff, they learn to recognise and to manage their emotions. Recognising, accepting and managing emotional experiences helps children develop resilience and coping strategies.



5. **Memory:** Children need chances to use their memory through games, conversations, and daily activities. Don't let devices do all the remembering for them. Strengthening their memory helps them retain information and improves their learning skills.



6. **Problem-solving skills:** Encourage kids to solve problems on their own. This can be through puzzles, games, or real-life situations where they need to think and find solutions. Problem-solving fosters critical thinking and independence.



We all know just telling kids to "stop" certain behaviours isn't enough. We need to help them build these important skills through play, movement, and real-world experiences.

Thanks for working together to help every child to learn and grow as happy, engaged and active participants in the world of home, school and community.

Blessings,

Jo

FROM THE ASSISTANT PRINCIPAL & CLASSROOM SUPPORT

Dance Concert

This week has been an exciting and energetic one at our school as all classes have been diligently preparing for our upcoming dance concert. Under the expert guidance of the wonderful and talented Aleeta, our students have been learning their dance moves and perfecting their routines.

Aleeta's passion and skill have truly inspired our students, and it has been a joy to watch them grow in confidence and ability. The enthusiasm and dedication shown by the students are commendable, and they are eagerly looking forward to showcasing their hard work in Week 7.

We encourage all families to join us for what promises to be a spectacular event. For ticket purchasing information, please visit Compass.



Celebrating the Success of Our Wednesday Morning Footsteps Sessions

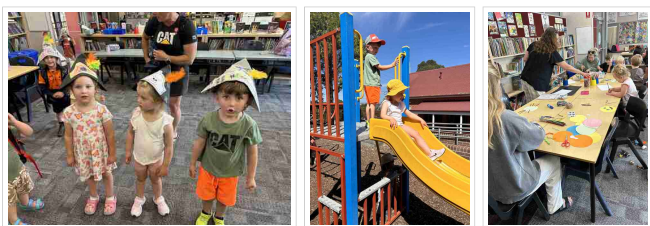
I am thrilled to share the wonderful success of our Wednesday morning Footsteps sessions for children aged 0-5. These sessions have become a cornerstone of our community,

fostering engagement and connection among our youngest learners and their families.

Each week, we gather to explore literature, creative arts, and play, creating a vibrant and inclusive environment where children can thrive. The joy and enthusiasm displayed by the children are truly heart warming, and it's been incredible to witness their growth and development.

Our Footsteps sessions have not only provided a fun and educational experience for the children but have also strengthened the bonds within our community. Parents and caregivers have had the opportunity to connect, share experiences, and support one another, creating a network of friendship and collaboration.

The sessions will continue each Wednesday until the end of the term, make sure you spread the word!



Emma Grant

"The Retreat day was amazing! I had alot of fun. I loved the activities. They were all really fun. I wish I could go back to Tathra Church. If your Year fives don't do a retreat, I recommend your school to do it!"

By Levi



"The things I liked at retreat were... the house game which was funny and the balloon game where you popped it, which was so fun. We got to play outside which was fun."

By Trinity

FROM THE REC

Dates for your calendar

Friday 13th December 9:15am- Giving Mass

Tuesday 17th December 6:00pm- Graduation Mass (Please RSVP numbers to Mrs Ferris for pew allocation)

Year 5 Leadership Retreat

Read below some of our students favourite parts of the Year 5 Leadership Retreat.

"When we went on Year 5 retreat day, we met a wonderful teacher named Luke. We played games, acted in plays and had fun. We wrote letters to Jesus and prayed. Overall, we had the best time".

By Caitlyn



"The excursion to the Tathra Church was really fun. As well as having fun, we learned alot of things such as how to be a leader and lots of other fun learning activities"

By Jayden



COMMUNITY NEWS

https://stpatsbega.schoolzineplus.com/_file/media/6202/tri_estuary_poster.pdf

https://stpatsbega.schoolzineplus.com/_file/media/6203/foster_care_jack_recruitment_flyer.pdf



Mel Ferris

OFFICE NEWS

Thank you to the families who have paid their Term 4 school fees.

Term 4 fees are now overdue, except for those with approved payment plans in place.

Please contact the Office Manager, Cathy Smith on cathy.smith@cg.catholic.edu.au, if you would like to set up a weekly, fortnightly or monthly payment plan for your school fees.

If at any time your family is experiencing financial hardship, or if your family is in need of other support, please contact the school to organise an appointment for a confidential meeting with our Principal, Jo Scott-Pegum to discuss how the school can help support your family. Please remember that if we don't know your circumstances, we are not in a position to provide assistance. Applications for fee concessions are managed by the Principal in a confidential and sensitive manner.